according to my capacity; and was not free to ask any one, on that occasion, to sleep with me: nature was feeble; but every tryal was a fresh incitement to give myself up wholly to the service of God, for I found no helper like him in times of trouble.

After awhile, my former acquaintance gave over expecting me as one of their company; and I began to be known to fome whose converfation was helpful to me: and now, as I had experienced the love of God, through Jesus Christ, to redeem me from many pollutions, and to be a fuccour to me through a fea of conflicts, with which no person was fully acquainted; and as my heart was often enlarged in this heavenly principle, I felt a tender compassion for the youth, who remained entangled in fnares like those which had entangled me from one time to another: this love and tenderness increased; and my mind was more strongly engaged for the good of my fellow-creatures. I went to meetings in an awful frame of mind, and endeavoured to be inwardly acquainted with the language of the true Shepherd; and one day, being under a strong exercise of spirit, I stood up, and said fome words in a meeting; but not keeping close to the divine opening, I said more than was required of me; and being foon fenfible of my error, I was afflicted in mind fome weeks, without any light or comfort, even to that degree that I could not take fatisfaction in any thing: I remembered God, and was troubled; and, in the depth of my diftrefs,